

KEYWORDH PRIMARY SCHOOL LUNCHES

	Monday	Tuesday	Wednesday	Thursday	Friday
Dates Week Commencing	Week 1				
Meat/Fish	Spaghetti and Beef Bolgnese	Sticky Lemon Chicken with Wholegrain Rice	Roast Beef with Roast Potatoes and Gravy	Chicken Curry	Fish Fingers with Chips
Vegetarian	Macaroni Cheese	Magherita Popeye Pizza	Quorn Loaf served with Roast or New Potatoes	Butterbean, Tomato and Vegetable Ragu with Rice	Cheese and Red Onion Quiche with Chips
Vegetable	Carrots/ Green Beans	Broccoli/ Sweetcorn	Green Beans/ Roasted Mediterranean Vegetables	Carrots/ Cauliflower	Baked Beans/ Peas
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
	Monday	Tuesday	Wednesday	Thursday	Friday
Dates Week Commencing	Week 2				
Meat/Fish	Margherita Pizza	Jamaican Jerk Chicken with Rice and Peas	Roast Turkey with Roast Potatoes and Gravy	Cottage Pie	Battered Fish with Chips
Vegetarian	Quorn Meatballs with Spaghetti in Tomato Sauce	Roasted Vegetable Lasagne	Roasted Vegetable and Bean Wrap	Vegetarian Bolognese Sauce with Spaghetti	Roasted Vegetable Pasta in Tomato Sauce
Vegetable	Broccoli/ Carrots	Cauliflower/ Green Beans	Butternut Squash/ Roasted Root Vegetables	Carrots/ Sweetcorn	Baked Beans/ Peas
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
	Monday	Tuesday	Wednesday	Thursday	Friday
Dates Week Commencing	Week 3				
Meat/Fish	BBQ Chicken with Potato Wedges	Lamb Meatballs in Bolognese Sauce	Roast Chicken Thigh with Roast Potatoes and Gravy	Lamb Chilli Con Carne with Jacket Potato	Fish Fingers with Chips
Vegetarian	Salmon and Broccoli Pasta Bake	Vegetable and Chickpea Jambalaya	Macaroni Cheese	Vegetable Chow Mein	Spicy Bean Burger with Chips
Vegetable	Peas/ Swede	Broccoli/ Carrots	Roasted Root Vegetables/ Sweetcorn	Cauliflower/ Green Beans	Peas/ Baked Beans
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
The following are available daily: Jacket potatoes; Freshly prepared salad bar with 4-6 choices; organic fresh white and wholemeal crusty bread; chilled water					